



MAYOR STEVEN M. FULOP
THE JERSEY CITY DEPT. OF HEALTH & HUMAN SERVICES
AND THE
DEPARTMENT OF RECREATION



JERSEY CITY

START THE NEW YEAR OFF RIGHT WITH

FITNESS BOOT CAMP

at the

PERSHING FIELD COMMUNITY CENTER - 201 CENTRAL AVENUE

BEGINS THURSDAY, JANUARY 2, 2014

EVERY TUESDAY & THURSDAY, 7:15 P.M. - 8:15 P.M.

ONSITE ONGOING REGISTRATION

OPEN TO MALES & FEMALES
AGES 18 AND UP

THE PROGRAM IS **FREE** OF CHARGE

*Get in shape with a trainer at the City's
new boot camp*

Mario from *Creative Fitness Concepts*



FOR MORE INFORMATION, CALL AT 201-547-5003 OR
VISIT WWW.JERSEYCITYNJ.GOV

CITY OF JERSEY CITY OFFICIAL GOVERNMENT PAGE JC_GOV





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FITNESS BOOT CAMP

PARTICIPATION FORM

Each section and this entire form must be read, completed and signed before the participant is allowed to take part in any recreational programs.

Name: _____

Address: _____

City, State, Zip: _____

Date of Birth: _____ Email Address: _____

Home Phone #: _____ Cell Phone #: _____

Person to Notify in Case of Emergency: _____ Phone #: _____

*As determined by my physician, I am in good physical condition and I am not aware of any present or previous disease or injury that would result in my being impaired during my participation with the **JERSEY CITY RECREATION FITNESS BOOT CAMP**. I empower the staff to exercise reasonable care in the event of an emergency. I hereby agree to abide by the rules and regulations set forth by the Department of Recreation.*

Signature: _____

Date: _____